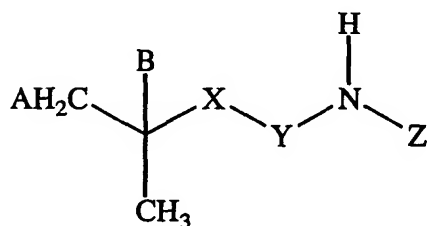


What Is Claimed Is:

1. A method of treating a pathology that is ameliorated by a modulation of CNS activity, comprising administering to a patient suffering from said pathology a compound selected from the group consisting of: isovaleric acid, a pharmaceutically acceptable salt of isovaleric acid, a pharmaceutically acceptable ester of isovaleric acid, a pharmaceutically acceptable amide of isovaleric acid, and a compound having the structure:



wherein

A = H, CH₃ or OH,

B = H, OH, or CH₃,

X = CH₂, CHCH₃, C(CH₃)₂, -O-, CH(OH)-, or -CH₂O-,

Y = -CO-, or -SO₂-, and

Z = H, CH₂CO₂H, or CH₂CONH₂,

and wherein said compound is selected from the group consisting of 2-methylisovaleramide, 3-methylisovaleramide, 2,2-dimethylisovaleramide, 2,3-dimethylisovaleramide, 4-methylisovaleramide, 2,4-dimethylisovaleramide, 3,4-dimethylisovaleramide, 2,2,4-trimethylisovaleramide, 3-hydroxyisovaleramide, 4-hydroxyisovaleramide, 4-hydroxy-3-methyl-isovaleramide, 2-hydroxyisovaleramide, N-(2-acetamido)isovaleramide, 2-methyl-1-propyl sulfonamide, 1-methylethyl sulfamate, 2-methyl-1-propyl sulfamate, isopropyl carbamate, and isobutylcarbamate, with the proviso that the treated pathology is not convulsions when the compound is 3-methylisovaleramide, isopropyl carbamate, or isobutyl carbamate.

2. A method according to claim 1, wherein said pathology is convulsions.

5 3. A method according to claim 1, wherein said pathology is spasticity.

4. A method according to claim 1, wherein said pathology is an affective mood disorder.

10 5. A method according to claim 1, wherein said pathology is a neuropathic pain syndrome.

6. A method according to claim 1, wherein said pathology is headache.

15 7. A method according to claim 1, wherein said pathology is restlessness syndrome.

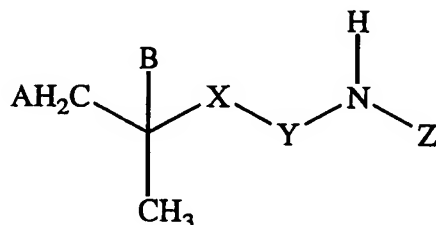
20 8. A method according to claim 1, wherein said pathology is a movement disorder.

9. A method according to claim 1, wherein said pathology is substance abuse/craving.

25 10. A method according to claim 1, wherein said compound is isovaleramide.

30 11. A method of providing neuroprotection to a patient suffering from a cerebral insult, comprising administering to said patient a therapeutically effective amount of a compound selected from the group consisting of isovaleric

acid, a pharmaceutically acceptable salt of isovaleric acid, a pharmaceutically acceptable ester of isovaleric acid, a pharmaceutically acceptable amide of isovaleric acid, and a compound having the structure:



5 wherein A = H, CH₃ or OH,
 B = H, OH, or CH₃,
 X = CH₂, CHCH₃, C(CH₃)₂, -O-, CH(OH)-, or -CH₂O-,
 Y = -CO-, or -SO₂-, and
 Z = H, CH₂CO₂H, or CH₂CONH₂

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and wherein said compound is selected from the group consisting of 2-methyl isovaleramide, 3-methylisovaleramide, 2,2-dimethylisovaleramide, 2,3-dimethylisovaleramide, 4-methylisovaleramide, 2,4-dimethylisovaleramide, 3,4-dimethylisovaleramide, 2,2,4-trimethylisovaleramide, 3-hydroxyisovaleramide, 4-hydroxyisovaleramide, 4-hydroxy-3-methyl-isovaleramide, 2-hydroxyisovaleramide, N-(2-acetamido)isovaleramide, 2-methyl-1-propyl sulfonamide, 1-methylethyl sulfamate, 2-methyl-1-propyl sulfamate, isopropyl carbamate, and isobutylcarbamate.

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12. A method according to claim 11, wherein said compound is isovaleramide.

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13. A method of treating a pathology that is ameliorated by a modulation of CNS activity, comprising administering to a patient suffering from said pathology an extract of Valerianaceae, cramp bark, black haw, or hops, wherein said extract

comprises at least one compound that is hydrolyzed *in vivo* to yield isovaleric acid or isovaleramide.

5 14. A method according to claim 13, wherein said pathology is spasticity.

 15. A method according to claim 1, wherein said compound is 2-methyl isovaleramide.

10 16. A method according to claim 1, wherein said compound is 3-methylisovaleramide.

 17. A method according to claim 1, wherein said compound is, 2,2-dimethylisovaleramide.

15 18. A method according to claim 1, wherein said compound is 2,3-dimethylisovaleramide.

 19. A method according to claim 1, wherein said compound is 4-methylisovaleramide.

 20. A method according to claim 1, wherein said compound is 2,4-dimethylisovaleramide.

25 21. A method according to claim 1, wherein said compound is 3,4-dimethylisovaleramide.

 22. A method according to claim 1, wherein said compound is 2,2,4-trimethylisovaleramide.

23. A method according to claim 1, wherein said compound is 3-hydroxyisovaleramide.

24. A method according to claim 1, wherein said compound is 4-hydroxyisovaleramide.

25. A method according to claim 1, wherein said compound is 4-hydroxy-3-methyl-isovaleramide.

26. A method according to claim 1, wherein said compound is 2-hydroxyisovaleramide.

27. A method according to claim 1, wherein said compound is N-(2-acetamido)isovaleramide.

28. A method according to claim 1, wherein said compound is 2-methyl-1-propyl sulfonamide.

29. A method according to claim 1, wherein said compound is 1-methylethyl sulfamate.

30. A method according to claim 1, wherein said compound is 2-methyl-1-propyl sulfamate.

31. A method according to claim 1, wherein said compound is, isopropyl carbamate.

32. A method according to claim 1, wherein said compound is isobutylcarbamate